



5TH AITONG MEDICAL CAMP REPORT 2016

1ST - 3RD NOVEMBER 2016





We have been running the Aitong Medical Camp since 2011: providing fee medical services to the people of the Aitong Locations and its surroundings in the Mara



885

People treated during the 5th medical camp



62.6%

Increase in number of patients treated compared to previous camp



\$658

Value of medical supplies donated this year

Introduction

The Land & Life Foundation, in partnership with Kicheche Community Trust and Safarilink Aviation, ran their fifth 3-day medical camp at Aitong Health Centre near Elephant Pepper Camp in from the 1st – 3rd November, focusing on adult health, family planning, cervical cancer screening, maternal child health, paediatrics and dentistry.

Goals

The main goals of the Medical Camp were to:

- Provide free treatment for some of the most common ailments in the area among adults.
- Provide free Family Planning services to the women in the area.
- Conduct free Cervical Cancer Screening.
- Bring in a paediatrician to address the common health issues among the children under 12 years.
- Bring in dentists to offer free dentistry services.
- Build the capacities of both the clinicians and community health workers with on-the-job training with the specialists during the medical camp.

To achieve the above goals, the Camp aimed to reach a population of between 500 – 1000 adults and children.

Details of the event

1. Team of Experts

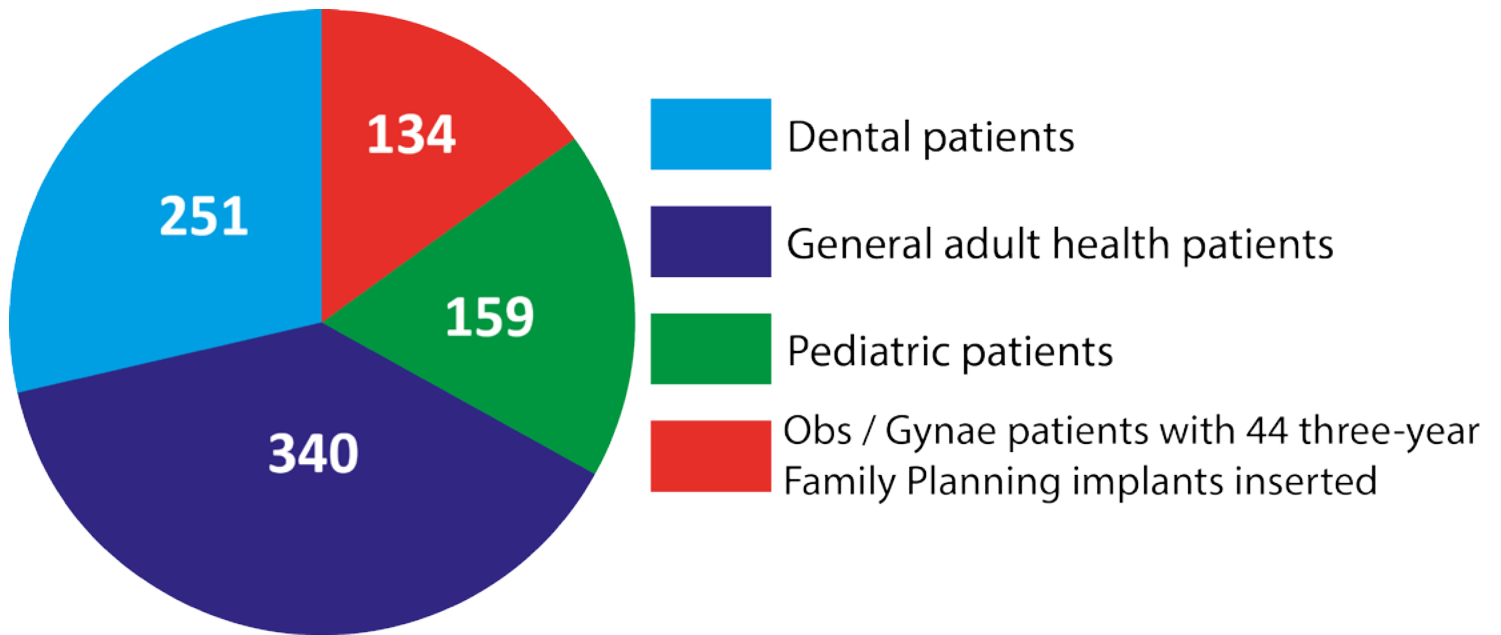
The camp was attended by the following 6 experts whose flights were sponsored by Safarilink Aviation.

- 1 Physician: Dr. Douglas Mariita, Resident Doctor Department of Family Medicine, The Aga Khan University Hospital, Nairobi-Kenya
- 2 Obs & Gynae: Dr Charles Muriuki, Junior Consultant Obstetrics and Gynaecology-AIC Kijabe Hospital, Kijabe-Kenya. Dr Sammy Kulova, Consultant Obstetrics and Gynaecology Nairobi Women's Hospital, Nairobi-Kenya
- 1 Pediatrician: Dr Mukokinya Kailemia, Resident Pediatric Consultant, Nairobi Hospital, Nairobi-Kenya
- 2 Dentists: Dr. Versyck Geert, Dr. Vandaele Pol from Belgium

In addition to the specialists, we also hired 7 translators who helped break the language barrier between the doctors and the patients.

2. Patients

A total of 885 patients were seen during the 3-day medical camp.



3. Survey

Results from a survey of 95 patients waiting in the queue

a) Gender:

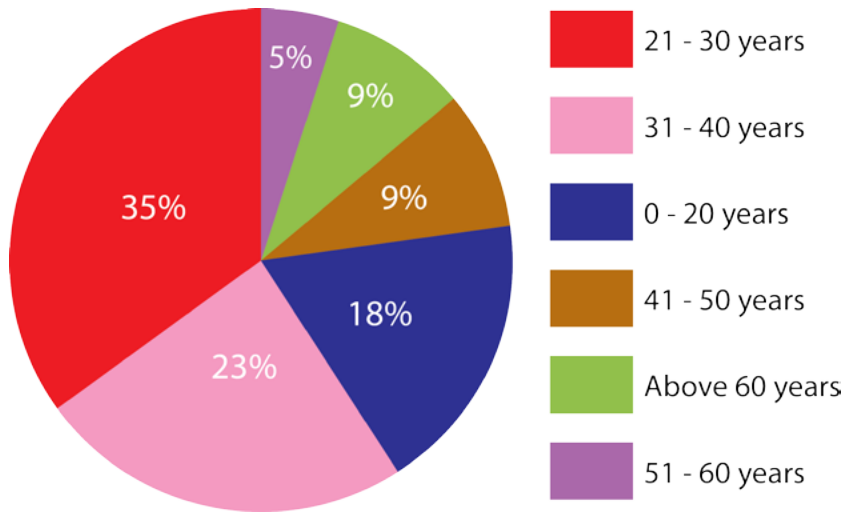


50 Female

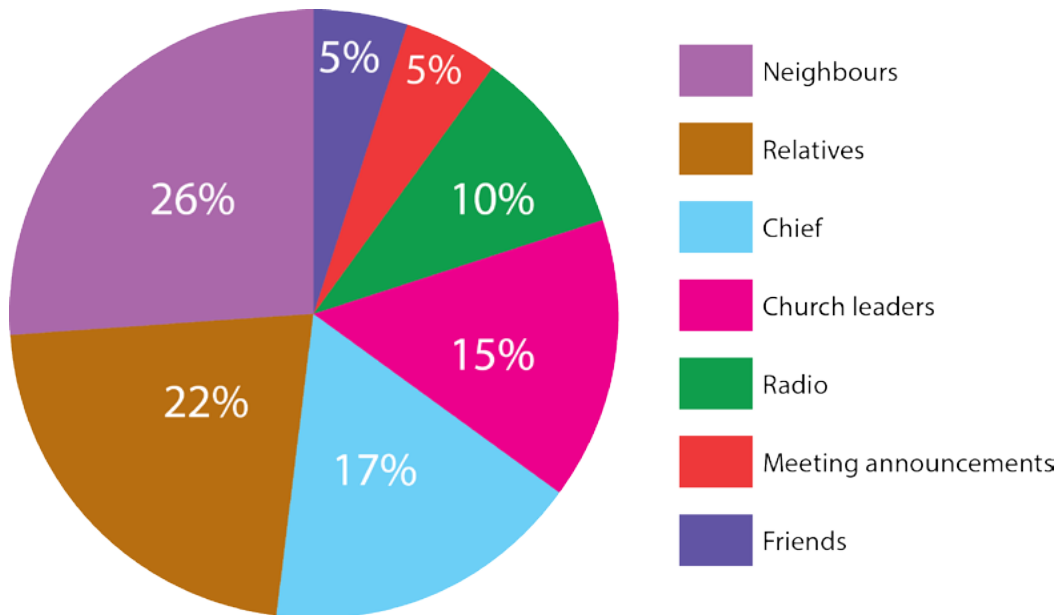


45 Male

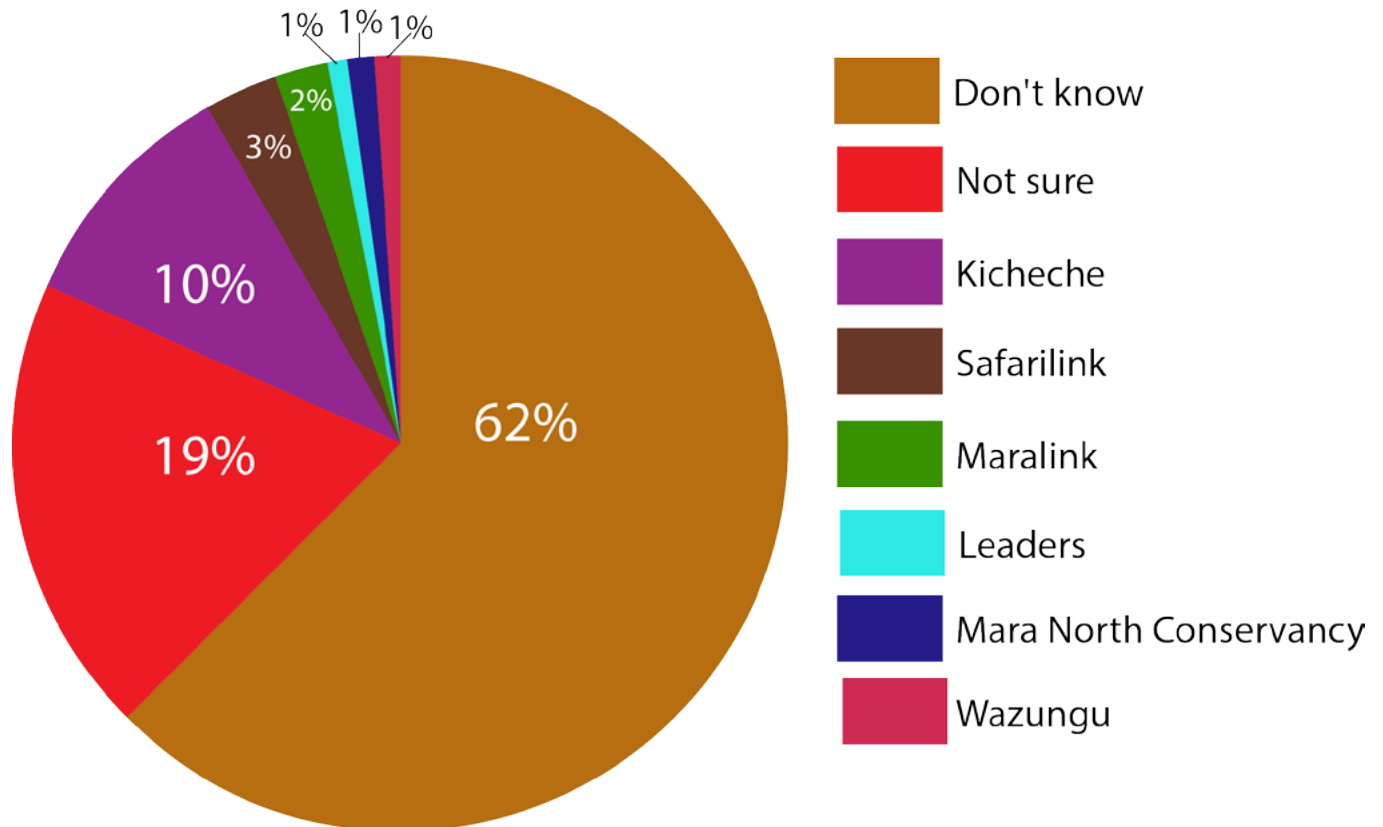
b) Age group:



c) How they heard about the Camp



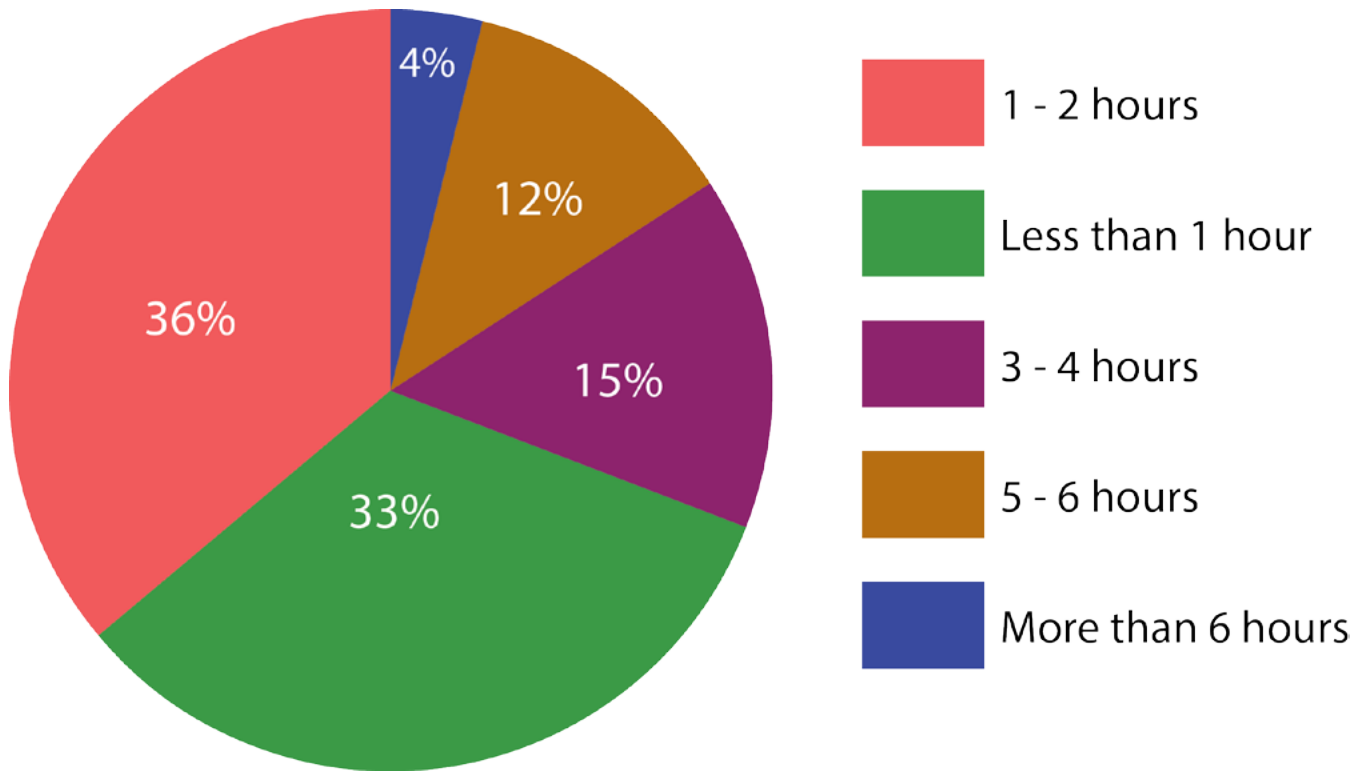
d) Who in their opinion funded/sponsored the Camp



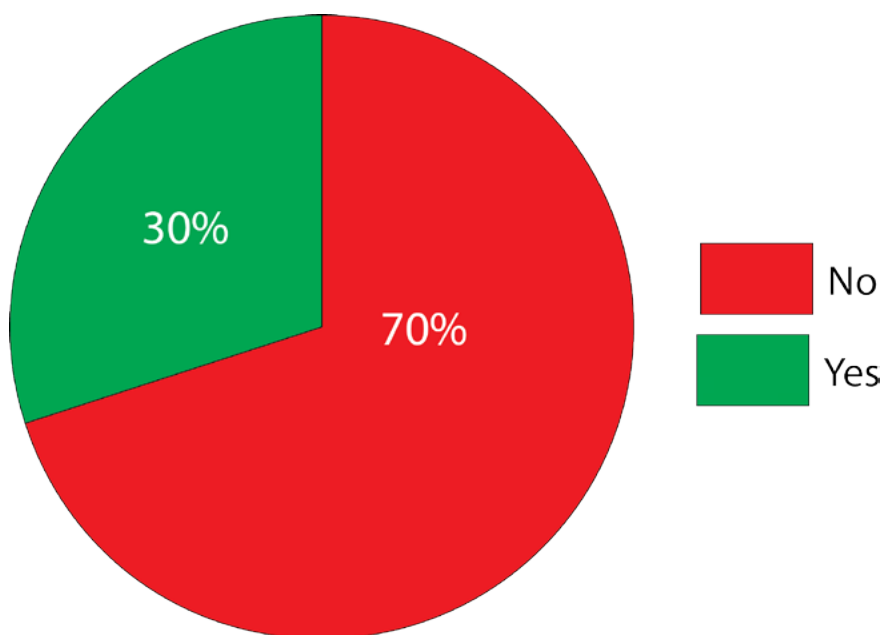
e) Health issues they would like addressed in future camps

- Sanitation through provision of clean water
- Malaria prevention
- Eye check-ups
- Family planning
- Health education

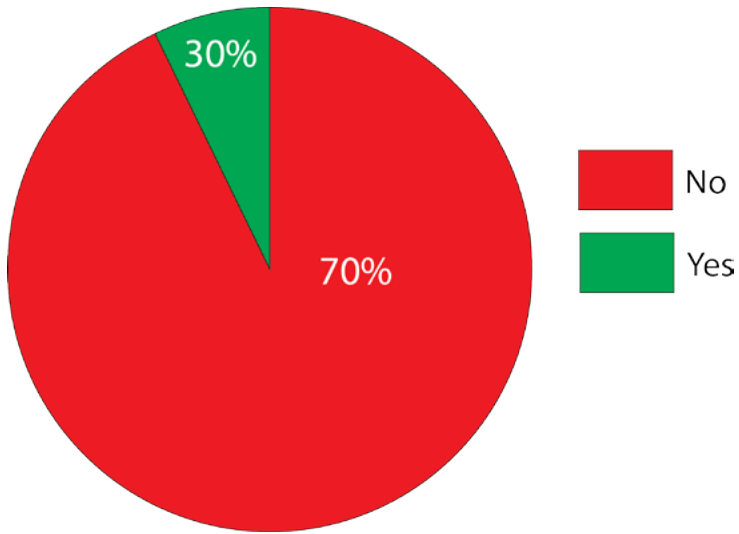
f) How long they had been in the queue



g) Whether they heard about the previous medical camp



h) Whether they attended the previous medical camp



i) Ways we can improve future medical camps

- Bring more specialists
- Make the camp more frequent
- Have a wide scope of drugs
- Provide follow up treatment
- Start early in the morning

j) How we can help the community

- Supply more drugs to the health center
- Improve the facilities at the health center
- Offer door to door treatment
- Put up more health centers across the Mara
- Drill boreholes to provide clean water
- Build more schools
- Offer scholarships to needy children



Patients waiting to be served in the queue

4. SWOT of the medical camp



After completing the medical camp, all the specialists and the clinic staff converged at the Mara Discovery Centre for a debrief session. The session was facilitated by Land & Life's Project Coordinator David Mbugua. This was done in order to identify issues that emerged from the medical camp and get suggestions on how to improve it in future. The following strengths, weaknesses, opportunities and threats were by the participants of the debrief session:

a) Strengths:

- Good consulting rooms
- Availability of translators & willingness to learn among the clinic staff
- Ample working space
- Good team work between the clinic staff and the specialists
- Hospitality at Aitong Medical Center and at Elephant Pepper & Kicheche Camps
- Briefing sessions before, during and after the camp
- Good relationship between the community and the conservancies which have created a good environment for tourism which funds the medical camp
- Good pre-camp mobilization which resulted in high turn-out

b) Weaknesses

- Lack of hand sanitizers for the medical staff
- Language barrier – translation was time consuming and this made patients wait longer in the queues
- Limited scope of drugs for the different range of ailments
- Weak lab support for cases that needed lab diagnosis
- Insufficient lighting in the dentists, room

- Lack of teeth filling material & dental mechanical equipment to perform teeth saving procedures
 - Inadequate waiting/sitting space which forced some of the patients to wait outside under the sun
 - There was only one Blood Pressure testing machine which was not sufficient for the whole group
- c) Opportunities
- There is potential for more donor support in future camps
 - Community sensitization on the importance of subscribing to the National Hospital Insurance Fund (NHIF) and Community Health Insurance
 - Skills transfer & training for the clinic staff
 - Create community awareness in nutrition and proper hygiene, including dental hygiene and early toothache warning signs
 - Sensitization on the importance of Cervical Cancer Screening
 - Invest more in education to increase the literacy levels among the community
 - Introduce health education to the community through the community health workers to emphasize the need for people to seek medical attention as soon as they are not feeling well.
 - Possible introduction of a Veterinary Camp to cater for the community's cattle just before the medical camp. This would make the community more receptive to the medical camp as cattle are very important to most of them
- d) Threats
- Sustainability of the medical camp as it is fully dependent on donor support which is not 100% guaranteed
 - Low literacy levels among the community which limits their understanding of health issues
 - Possible clinic staff turnover would take away the skills acquired during the medical camp
 - Modern-day-diet (starch & sugars) is reaching the younger population which brings more diet related illnesses (diabetes, heart diseases, dental decay etc)

5. Major medical cases identified during the camp

- Osteoarthritis (Joint pains)
- Otitis media (Inflammatory disease of the middle ear)
- Unmet reproductive health needs: family planning, child care services & Female Genital Mutilation
- Conjunctivitis (allergy and bacterial infections of the eye)
- Constipation
- Upper respiratory tract infections
- Dental cavities & teeth malposition (partly due to diet and hygiene)
- Stomach ulcers

6. Ambitions for 2017 and the future

1. Introduction of pre-engagement audiovisual health talk for patients on the waiting queue
2. Introduction of portable Ultra Sound and X-ray and cryotherapy machines
3. Introduce more lab support equipment
4. Have a wider scope of drugs during the next camps
5. Bring in more specialists, including ENT & Ophthalmologists
6. Partner with other hospitals in order to address referrals
7. Partner with NHIF and community health insurance service providers to create awareness on the importance of health insurance
8. Screen for HIV and Diabetes in future camps for all willing patients
9. Introduction of dental hygiene awareness campaigns to include the use of toothbrush/paste and timely dental checkups



The 4 medical specialists, Aitong Health Centre Staff together with INFA-MED Programs Coordinator Edith Kabure & Land & Life's Project Coordinator David Mbugua after the Medical Camp



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